

See Next Specification

N^o 21,052



A.D. 1901

Date of Application, 21st Oct., 1901

Complete Specification Left, 8th Jan., 1902—Accepted, 20th Mar., 1902

PROVISIONAL SPECIFICATION.

An Improved Grip Dumb-bell for Promoting Physical or Muscular Development and for Exercise

JOSEPH SZALAY, of 12, Cullum Street London E.C. Teacher of Physical Culture do hereby declare the nature of this invention to be as follows:—

The object of this invention is to provide an improved dumbbell, with a pneumatic air cushion, or ball, of compressed air between the two hollow halves of such dumbbell, forming a ready means to concentrate the will power and energy of the user for promoting physical development in connection with exercise.

“ Dated this 21st day of October 1901.”

JOSEPH SZALAY.

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COMPLETE SPECIFICATION.

An Improved Grip Dumb-bell for Promoting Physical or Muscular Development and for Exercise.

JOSEPH SZALAY, of 12, Cullum Street, London, E.C. Teacher of Physical Culture do hereby declare the nature of this invention and in what manner the same is to be performed, to be particularly described and ascertained in and by the following statement:—

The object of this invention is to provide an improved dumbbell with pneumatic air cushions or balls of compressed air between the two hollow halves of such device, forming a ready means to aid the concentration of the will power and energy of the user, and for the promoting of physical development in connection with exercise.

The construction of my invention can be readily understood on reference to the accompanying drawings

Fig. 1. A. is a metal casting in the form as illustrated, containing hollow sections in the inner parts of the sphere, and a groove surrounding the outer part, such casting or device I may make in any other suitable substance, such as wood, compressed pulp, gutta percha, metal compositions or aluminium.

Fig. 2. B. is its companion or other half, with the pneumatic balls in position.

Fig 3. C. is the ball, fitted with an airtight valve, to allow the required air to be inflated or compressed into the said ball or balls, so as to regulate the amount of hardness or pressure necessary during the exercise in connection with the device.

Fig. 4. D. is a rubber or elastic band, to hold the two halves together and keep the balls in position, the balls being not fixed may readily be changed in case of need, or may be employed without the valve, provided they contain the required amount of compressed air.

Fig. 5. E. is an illustration to show the said improved grip dumbbell as held

[*Price 8d.*]

Improved Grip Dumb-bell for Promoting Physical or Muscular Development, &c.

in use, which consists of the various moves as usually employed in dumbbell exercise, in addition of which the concentration of the will power is obtained by their aid of having to compress or grip tight the said dumbbells containing the pneumatic balls, at the end of each move during exercise, and consequently the muscles in use will flex hard as in an effort of will and power, and again will become relaxed on loosening of the grip, hereby promoting physical development and the cultivation of a muscular system of the human frame. 5

Having now particularly described and ascertained the nature of my said invention, and in what manner the same is to be performed, I declare that what I claim is:” 10

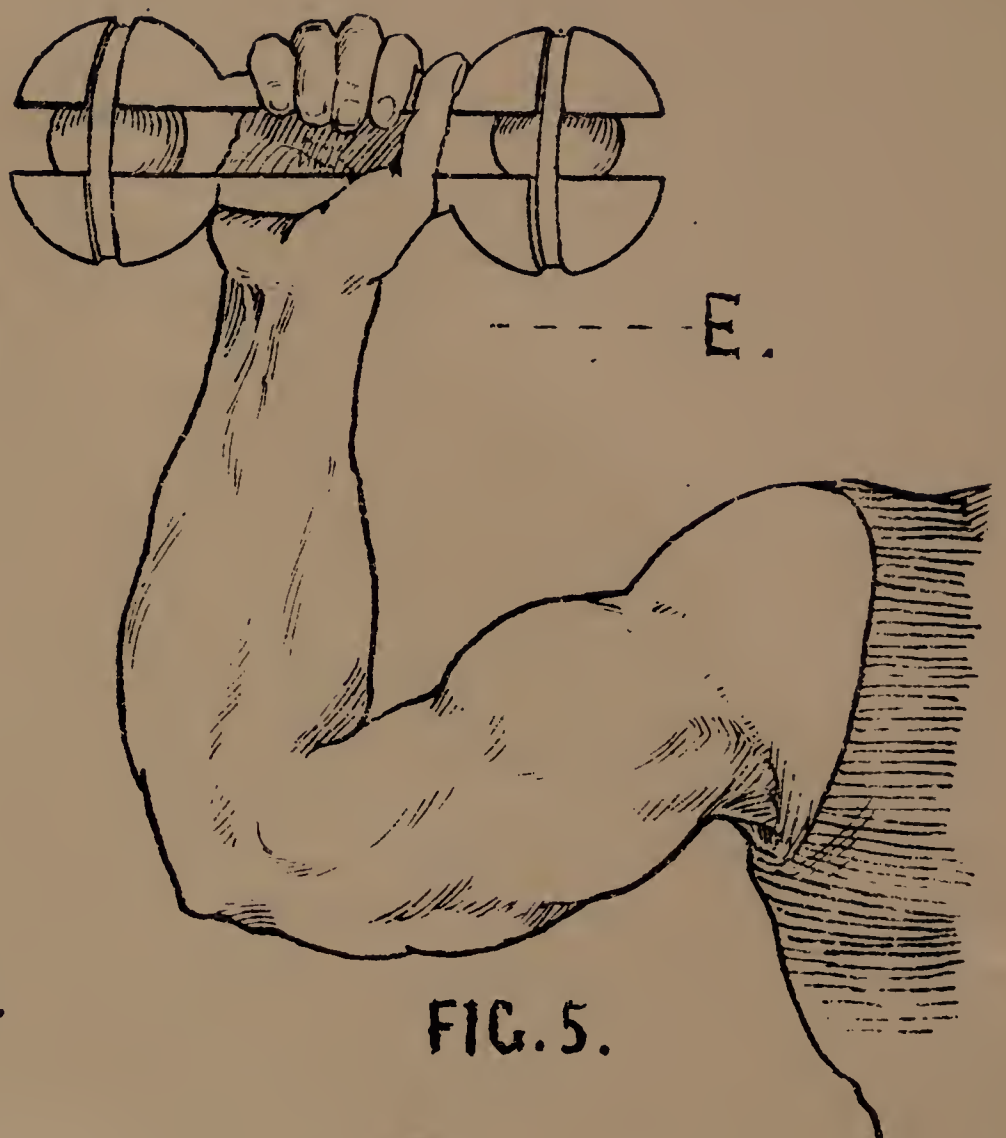
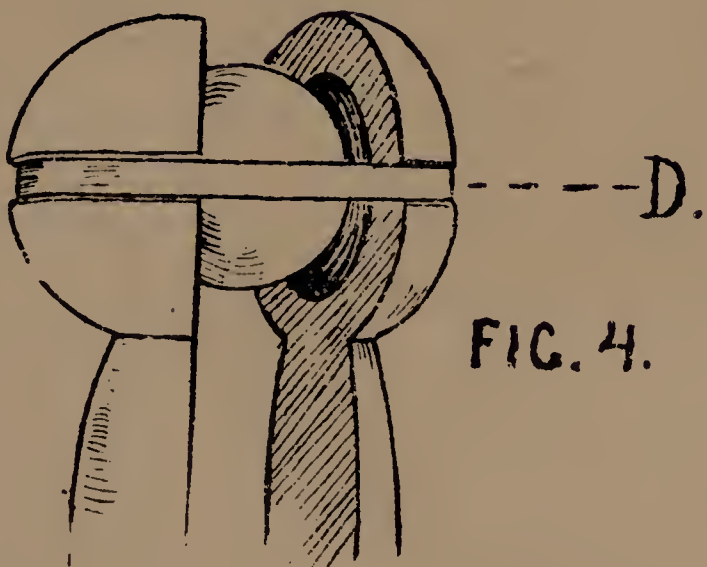
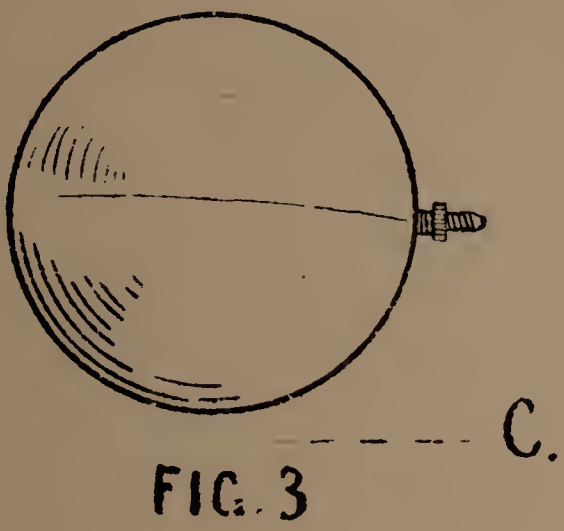
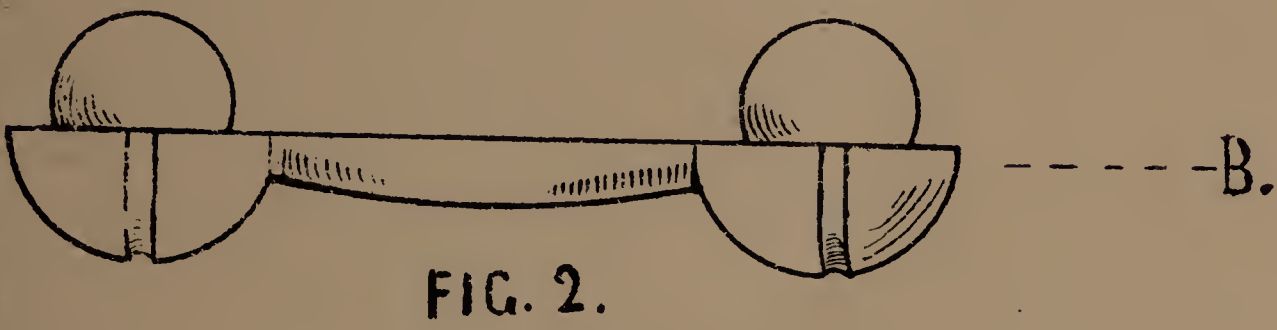
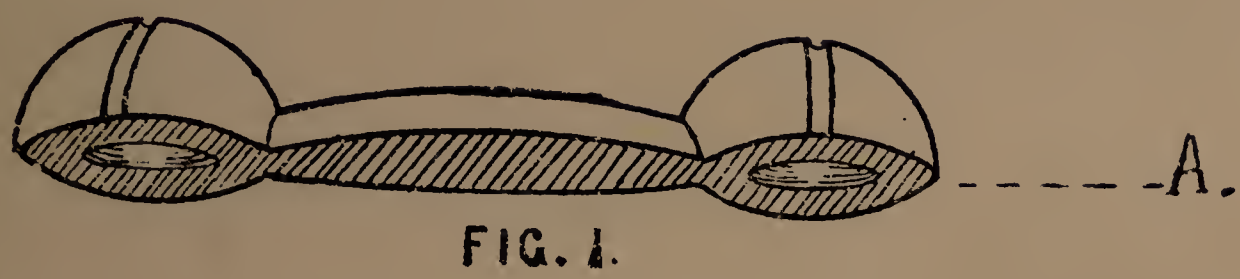
An improved grip dumbbell having an air cushion fitted with a valve, so as to regulate the amount of pressure required, or pneumatic balls, in their hollow sections between the two halves of such a device, substantially as described and illustrated in the drawings.

Dated this 8th day of January 1902

JOSEPH SZALAY. 15

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[This Drawing is a reproduction of the Original on a reduced scale.]

